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Tuesday, April 6, 2010

THE MORNING NEWS

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Mylene and Oliver seal their promise of love and commitment



Mylene Marques and Oliver Riding hosted a double celebration at Divi Aruba Phoenix Beach Resort. At sunset, they sealed their promise of love and commitment to each other on the beach at an intimate ceremony, and later invited their friends and well-wishers for a cocktail party entertained by NBO.

The love-birds met on Aruba a number of years ago, shared laughter and tears, and created great memories living, working and loving here.

Oliver was the Head Golf Pro at Tierra del Sol Resort Spa & Country Club while Miss M&M served as marketing and sales guru at several of the island's major hotels including currently on staff at the AIFF 2010, the Aruba International Film Festival.

Last week, Oliver accepted a position on the neighboring island of Curaçao where he will head up the new Hyatt golf operation.

The elegant party, following their promise to live together as one, also served as a kind of farewell, where Mylene and Oliver entertained



family members and close friends, on the eve of their great departure to Curaçao.

Pictured here, the beach

ceremony and the reception, catered by the culinary team of Pure Beach, Sous Chefs Jose Medina and Erasmo Ramirez.



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US consulate attacked in northwest Pakistan

PESHAWAR, Pakistan (AP) — Islamist militants unleashed a car bomb and grenade attack against a U.S. consulate in northwestern Pakistan yesterday, killing four people and striking back after months of American missile strikes against Taliban and al-Qaida fighters in the region.

Hours earlier, a suicide bomber killed 45 people and wounded more than 70 at a rally by a secular political party in the northwest that has supported recent Pakistani army offensives in the region close to Afghanistan, where the United States is battling a related insurgency.

The attacks follow a lull in violence since the beginning of the year, illustrating the militants' resilience.

The multi-pronged strike

against the consulate in Peshawar city was the first direct assault on a U.S. mission in the country since 2006. Officials said the four attackers in two vehicles hoped to breach the heavily fortified compound and kill people inside, but they failed to do that and caused only minor damage.

Some officials and witnesses reported a third or possible fourth explosion. The blasts, some of which were filmed by local television stations, sent huge mushroom clouds over the city. One piece of footage showed a bomb exploding several meters from two people who had their arms raised in the air as if surrendering.

In Washington, a White House spokesman condemned the blasts.

Strong quake kills 2 in Mexico, rattles US states

MEXICALI, Mexico (AP) — Aftershocks rattled the south-west Mexico-U.S. border yesterday morning in the aftermath of a major earthquake that killed two people, blacked out cities and forced the evacuation of hospitals and nursing homes.

Sunday's 7.2-magnitude quake, centered just south of the U.S. border near Mexicali, was one of the strongest earthquakes to hit region in decades, shaking at least 20 million people.

It had a shallow depth of 6 miles (10 kilometers). But the human toll was minimal in large part because the energy from the quake moved northwest of Mexicali toward a less populated area, said Jessica Sigala, a geophysicist from the U.S. Geological Survey.

"We were just kind of lucky that the energy went the other way," Sigala said. "With every earthquake, the earth starts moving a certain direction. It started south of Mexicali and the rupture moved northwest."

Building construction has also improved in northern Mexico, a region with a history of quakes, said Carlos Valdes, chief of the Mexican National Seismological Service.

"Construction codes prevented more serious damage," Valdes said. "People see that it always shakes and have im-



A collapsed house is seen in the aftermath of Sunday's quake, at La Puerta, outskirts of Mexicali, Mexico

proved their construction capacity. Then when the construction codes are implemented, there is stricter control, especially in larger structures."

Still, some homes were destroyed in farming communities on the edge of Mexicali, a bustling commercial center along Mexico's border with California where the quake hit hardest, said Javier Ruiz, an inspector with the city's civil protection agency.

One man was killed when his home collapsed, and another died when he fell into the street in panic and was struck by a car.

Across the border in Calexico, police patrolled streets littered with shattered glass yesterday, and a downtown area was closed because of damage.

Scientists measured about 100 aftershocks early yesterday morning, said seismologist Kate Hutton at the California Institute of Technology in Pasadena.

At least 100 people were injured in Mexicali, most of them struck by falling objects, and power was out across the city yesterday, said Baja California Civil Protection Chief Alfredo Escobedo said.

China rescues 115 from flooded mine

Beijing, China -- More than a week after their coal mine in northern China was flooded by a rush of underground water, 115 miners were pulled out alive yesterday, China's state-run TV reported.

Rescuers worked to reach another 38 believed to be still trapped inside.

CCTV, which carried the rescue efforts live, showed the miners being brought out in stretchers to loud cheers.

The workers were wrapped in blankets and rushed to ambulances where they were in stable condition, local media said.

The miners were part of a larger group of 261 working in the Wangjialing mine when it flooded March 28.

Rescuers were able to reach 108 miners immediately after the flooding.

Yesterday's rescue, which began shortly after midnight, comes two days after tapping was heard from within the mine.

Late Sunday night, rescuers noticed swaying lamp lights inside the mine -- indicating



A coal miner rescued from the Wangjialing Coal Mine in Xianning county is rushed into a hospital in Hejing town in north China's Shanxi province.

signs of life, the state-run Xinhua news agency said.

Some of the miners attached their mining belts to shaft walls as water first rushed in. They remained suspended for three days until a mining cart floated by and they jumped in, CCTV said.

Two hundred people, as part of 50 rescue groups, were working around-the-clock to drain water, monitor gas and pull out miners, said Wang Jun, governor of Shanxi

province where the mine is situated.

Mine accidents are common in China. In 2009, 2,631 people were killed in such accidents. The figure, while high, is down from 2002 when 6,995 people died.

Yesterday, the country launched a two-month campaign to inspect safety regulations in mines and other industries that have had serious accidents.

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Editors

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Project Coordinator & Graphic Designer

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Putin: Russian arms to Venezuela may be \$5B

MOSCOW, Russia (AP) — Arms exports to Venezuela may reach as much as \$5 billion, Prime Minister Vladimir Putin said yesterday, a few days after he traveled to the country.

Putin visited Venezuela late last week to meet with President Hugo Chavez and pledged to sell more weapons to the country but gave no concrete figures.

"Our delegation has just returned from Venezuela, and the total volume of orders may exceed \$5 billion," Putin said in televised remarks.

Russia on Friday agreed to lend Venezuela up to \$2.2 bil-

lion for the new arms deals.

Hugo Chavez's government has already bought more than \$4 billion in Russian weapons since 2005, including helicopters, fighter jets and 100,000 Kalashnikov rifles.

The Venezuelan arms deals are one of the many irritants in U.S.-Russian relations.

Putin said in Caracas on Friday that Russia appreciates its good relations with the United States, but if the United States does not want to sell arms to Venezuela, it's only good for Russia — which is willing to.

Putin also launched a \$20 billion venture to tap the vast

Orinoco heavy oil belt.

Putin discussed energy, agriculture and defense issues with Venezuela's leftist President Hugo Chavez and later held talks with Bolivian President Evo Morales, both fierce critics of what they call U.S. "imperialism" in Latin America.

Russian companies will launch a joint project with Venezuelan state oil firm PDVSA aimed at pumping 450,000 barrels a day — almost a fifth of the OPEC member nation's current output — from the Orinoco belt, which Chavez says holds the world's largest hydrocarbon reserves.

US warns Venezuela on weapon proliferation

WASHINGTON — The United States yesterday questioned Venezuela's need to buy billions of dollars in weapons from Russia and voiced concern that the arms may wind up elsewhere in Latin America.

State Department spokesman Philip Crowley said that while the two countries had the right to pursue relations, "We're hard-pressed to

see what legitimate defense needs Venezuela has for the equipment."

"We can probably think of better things that could be invested on behalf of the Venezuelan people," he said.

"But our primary concern is that if Venezuela's going to increase its military hardware, we certainly don't want to see this hardware migrate into

other parts of the hemisphere," he said.

"We would simply remind Venezuela that it, through a number of accords, has a responsibility for transparency in its acquisitions," he said.

The State Department has accused Chavez of assisting guerrillas in rival neighbor Colombia with drug trafficking.

Oil finds shift focus on Latin America

BOGOTA, Colombia — A series of unrelated oil industry developments in Latin America are shifting focus from the Middle East to the South American continent as a major source of hydrocarbon energy in the coming decade.

After Brazil's gigantic offshore and undersea discoveries, the drilling in the Falklands Islands and Venezuela's recent oil finds, Colom-

bia reported a major oil breakthrough at an exploration well located in the country's Llanos Orientales region.

Petrominerales Ltd., mostly owned by Canadian companies, said the well yielded 15,600 barrels a day of high-quality crude after strong results were recorded at two other wells. Analysts said the discovery has the potential to be very big.

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The Registry of Court closed to the public on April 7

ORANJESTAD, -- The Register of Court will be closed to the public on Wednesday, April 7. This is because of an interruption of electricity by ELMR N.V. for necessary work on the

electricity network.

However, to all person who received a letter to present in Court on April 7, the session will continue as normal.

Literary festival 'Crusa Lama' – Crossing the Sea, with authors from five countries

ORANJESTAD -- The Aruba National Library, in conjunction with the foundations Charuba and Winternachten, is organizing for the fourth time the literary festival 'Crusa Lama' – Crossing the Sea, on April 18 and 19.

Crusa Lama is an international festival where authors and poets from Lebanon, Somalia, Malaysia, Holland and Aruba will meet to present a special selection of pieces. They will recite each piece in their own language. The text will be projected simultaneously in Papiamentu and English on a big screen.

In previous presentations the event had a huge audience,

where literature lovers enjoyed presentations of renowned authors and poets from the literary world.

The festival will start off on April 18 in the gardens of the Arubiana Department at the National Library in Oranjestad and promises to be a very interesting and beautiful evening with a lot of variations.

The presentation on April 19 is for the general public.

Alongside the festival, the authors will visit the EPI schools, where they will give presentations and talk to the students.

More information will be available next week

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Oil finds shift focus on Latin America

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Celebrity chefs lead the charge for healthier food

MIAMI (AP)—Jamie Oliver is using fresh fruit and vegetables to try to win the hearts, or at least the fatty arteries, of a West Virginia city. Rachael Ray is working to reform school lunch. And Paula Deen, queen of Southern-fried goodness, recently taught an auditorium of kids how to cook and eat healthy.

Chefs have always wanted us to eat something good. Now, it seems they're just as interested in seeing that we eat well.

"They're digging down to more substance, which is great because we all win," says Phil Lempert, the food marketing expert known as The Supermarket Guru. "Before it was cleavage and being cute to get noticed. Now it's all about substance, nutrition."

This didn't happen overnight.

Pioneers like California chef Alice Waters and, more recently, journalist Michael Pollan have been preaching the gospel of fresh, unadulterated food for years.

But when everyone from Deen to "Dancing With the Stars" alum Rocco DiSpirito

is talking about the benefits of produce over processed you know the tent has gotten a little bigger.

"It became clear to a bunch of us that not only is it a good idea now, but people are ready to be receptive," says DiSpirito, author of the recent New York Times' best-selling healthy cookbook, "Now Eat This!"

Oliver, for example, is headlining "Jamie Oliver's Food Revolution," an ABC reality show documenting his efforts to change eating habits in a community the network calls the nation's unhealthiest.

Chefs are realizing they have a responsibility to use their influence to foster change, Oliver says. And celebrities often can do that with more panache than traditional nutrition advocates have.

"You don't want to food nazi the fun out of everything," he says. "You can still cook great things that are calorific, but you just need to intro it with kind of — Look, this is a special occasion, or this is for the holidays, or whatever."

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Easter at Chez Matilde: Elegant and Eggsquisite!



"It has been awhile since we have enjoyed a perfect holiday brunch in our favorite restaurant," commented Dr. Tjon Sie-Fat, celebrating Easter with his family at Chez Matilde in Oranjestad, "what a pleasure! It is even better than we remembered!"

Chez Matilde's Executive Chef, Linda Pool, was so pleased to see her old friend back for the holiday she of-

fered him and all their guests a special treat, compliments of the house, gourmet chocolate eggs and fresh baked butter cookies.

All the items on the Easter Brunch menu were "on the house" for one very reasonable price as guests were able to order endlessly from a selection of divinely fashioned dishes. Linda devised some particularly delectable culi-



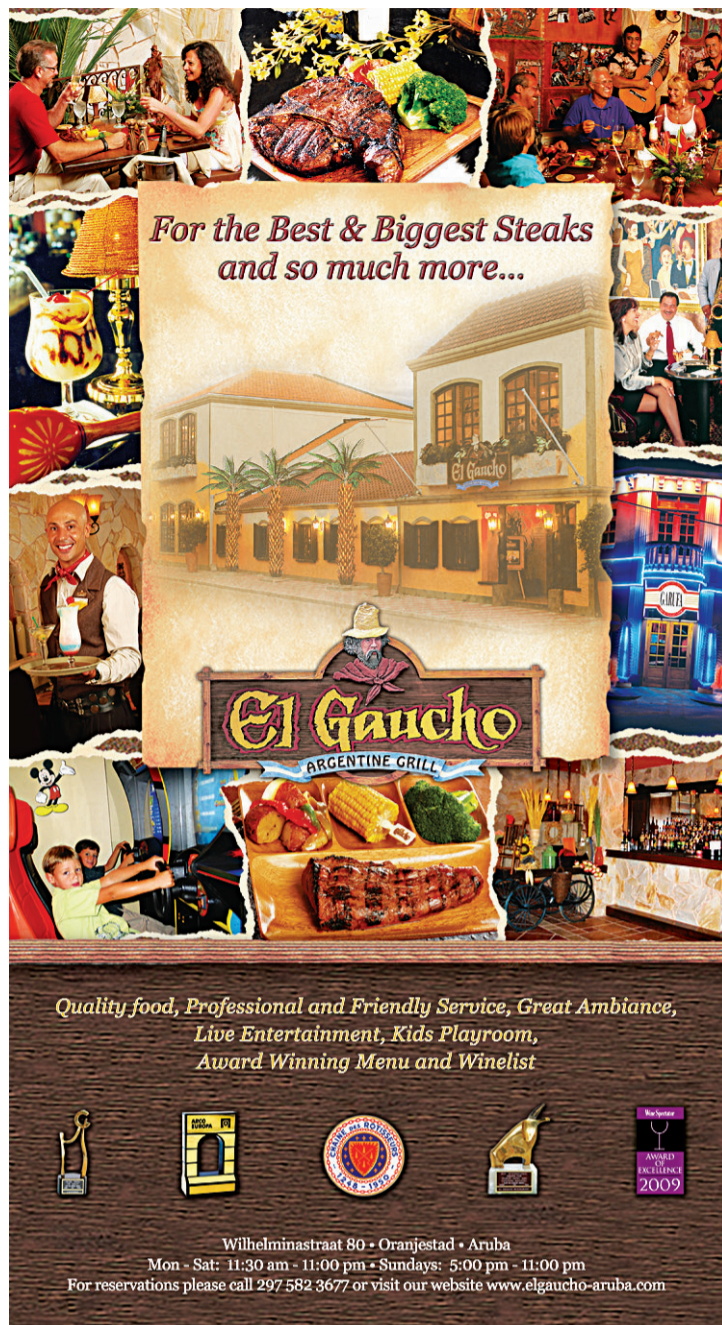
nary experiences such as "Butter Poached Salmon with Vichyssoise Sauce," or "Loin of Veal with Arugula Salad and Tuna Sauce" which tempted the taste buds of all ages. There is a saying "the difference is in the details," and the sumptuous selection certainly exemplified this sentiment.

"Contemporary treatment of classic dishes is how I would describe them," observed Dr. Tjong Sie-Fat; Aruba Tourism Authority Director of Marketing Frits Israel and family agreed. His daughter, Kyara, was a perfect picture in her Easter dress, and very well behaved, as the Chez Matilde staff provided crayons and holiday drawings to color to keep the children occupied.

"This is what we like," agreed the Rafini family, "a wonderful ambiance, low-key and relaxed, with fabulous food beautifully presented, fresh from the kitchen." Pianist Jose Luis Sanchez, who entertains at Chez Matilde nightly, provided the perfect mellow background.

Maitre D' Harold and staff had a warm holiday welcomed for all their guests; long-time devotees of Aruba's most famous gourmet restaurant. "We are very pleased with the mood and reception for this year's Easter Brunch," affirmed Harold, "so much so that we are going to do it again for Mother's Day."

Good news, indeed!



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How much can a Swedish woman forgive? Ask Elin

STOCKHOLM, Sweden (AP) — When Tiger Woods returns to golf at the Masters this week, the world will be watching to see if his wife Elin is at his side.

It may seem puzzling to many women that the 30-year-old former model hasn't already left her cheating husband. She is, after all, from Sweden — a nation famous for its strong-willed and independent women.

In her homeland, too, there has been some bewilderment that Elin Nordegren hasn't split considering the scope of her husband's infidelity.

But relationship counselors in the Scandinavian nation aren't that surprised. Sweden is

still a champion of women's rights, but in recent years a more conservative view highlighting the merits of an intact family has been making a comeback.

Like Nordegren, many Swedes have grown up with divorced parents, and are increasingly focused on building homes and keeping their families together, said Lena Gustafsson, a psychotherapist who works in relationship counseling.

Woods and Nordegren have two children, a daughter Sam Alexis, 2, and a 1-year-old son, Charlie Axel.

"Many of the couples I see continue to live together, they solve their problems," Gustafsson said.

Paseo Herencia offered a passionate holiday weekend



son's torment, the audience gasped, riveted by the unfolding drama.

Finally, the climatic moment was re-enacted on the center stage; the beginning of a holiday weekend at Paseo Herencia that also included Easter Egg hunts and family fun with more light-hearted entertainment on Saturday.

Paseo Herencia continues its tradition since first opening its doors of community involvement and special events to mark the holidays. This was the first time Marketing and Events Director Sharmaine Tromp and General Manager Valerie Comacho ever staged such a serious event; it drew a huge audience, which was enthralled by the classic story.

The Plaza Padu in the Paseo Herencia Mall was filled to capacity on the evening of Good Friday, as devout islanders and guests relived the crucifixion with "The Passion of Christ," as performed by the Gina Nuboe Ensemble.

The entire center was the stage, as actors dressed as cen-

turions led a battered Jesus through the twelve Stations of the Cross around the walk surrounding the stage, narrators explaining the events in both Papiamentu and English for those in the bleachers who could not see. As Simon turned his back, Veronica wiped his brow, and Mary cried for her

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Science/Tech.

To scientists, laughter is no joke — it's serious



WASHINGTON — So a scientist walks into a shopping mall to watch people laugh. There's no punchline. Laughter is a serious scientific subject, one that researchers are still trying to figure out.

Laughing is primal, our first way of communicating. Apes laugh. So do dogs and rats. Babies laugh long before they speak. No one teaches you how to laugh. You just do. And often you laugh involuntarily, in a specific rhythm and in certain spots in conversation.

But surprisingly, only 10 to 15 percent of laughter is the result of someone making a joke, said Baltimore neuroscientist Robert Provine, who has studied laughter for decades. Laughter is mostly about social responses rather than reaction to a joke.

"Laughter above all else is a social thing," Provine said. "The requirement for laughter is another person."

Over the years, Provine, a professor with the University of Maryland Baltimore County, has boiled laughter down to its basics.

"All language groups laugh 'ha-ha-ha' basically the same way," he said. "Whether you speak Mandarin, French or English, everyone will understand laughter. ... There's a pattern generator in our brain that produces this sound."

Each "ha" is about one-15th of a second, repeated every fifth of a second, he said. Laugh faster or slower than that and it sounds more like panting or something else.

Deaf people laugh without hearing, and people on cell

phones laugh without seeing, illustrating that laughter isn't dependent on a single sense but on social interactions, said Provine, author of the book "Laughter: A Scientific Investigation."

"It's joy, it's positive engagement with life," said Jaak Panksepp, a Bowling Green University psychology professor. "It's deeply social."

And it's not just a people thing either. Chimps tickle each other and even laugh when another chimp pretends to tickle them.

"That's my candidate for the most ancient joke," Provine said. "It's a feigned tickle. That's primal humor."

Panksepp studies rats that laugh when he tickles them. Sound silly? It's on YouTube and in scientific journals, a funny pairing of proofs when you think about.

It turns out rats love to be tickled. They return again and again to the hands of researchers tickling them, Panksepp's video shows.

By studying rats, Panksepp and other scientists can figure out what's going on in the brain during laughter. And it holds promise for human ills.

Northwestern University biomedical engineering professor Jeffrey Burgdorf has found that laughter in rats produces an insulin-like growth factor chemical that acts as an antidepressant and anxiety-reducer. He thinks the same thing probably happens in humans, too. This would give doctors a new chemical target in the brain in their effort to develop drugs that fight depression and anxiety in people.

While studying laughter is serious work to researchers, it apparently sounds like a silly topic when they're seeking research grants. For that reason, Northwestern's Burgdorf avoids the word "laughter." He calls it "positive emotional response."

Panksepp understands, saying: "There's no funding in fun research."

Augmented reality puts the squeeze into virtual hugs

MEGEVE, France — Now you really can reach out and touch someone through the Internet, with the help of a wearable robot designed by a husband-and-wife team of scientists based in Japan.

Five years in the making, the device aims to inject a little physicality into online chatter, boosting the emotional quotient of virtual exchanges between flesh-and-blood people.

Forget emoticons, those annoying little smiley :-) or frowning :-(faces added to text messages with key strokes.

The quickened thump of an angry heart beat, a spine-tingling chill of fear, or that warm-all-over sensation sparked by true love -- all can be felt even as your eyes stay glued to a computer screen.

The proof-of-concept robot, dubbed iFeel IM! ("I feel therefore I am"), was presented on Saturday at the first Augmented Human International Conference, held in the French Alps ski resort of Megeve.

But Dzmitry Tsetserukou, an assistant professor at Toyohashi University of Technology in Japan, said his aim was to boost feeling, to add a human-like sense of touch to the incorporeal ether of cyberspace.

"I am looking to create a deep immersive experience, not just a vibration in your shirt triggered by an SMS. Emotion is what give communication life."

For now, his prototype robot is a collection of sensors, small motors, vibrators and speakers woven into a series of straps similar to a parachute harness, minus the parachute.

Connected to a computer, the device can simulate several types of heart beat, a realistic hug, the tickling sensation of a butterfly stomach, and a tingling feeling along the spine. It can also generate warmth.

Photo depicts Carmen Arett kissing Murray, her 4-year-old Chihuahua outside their home in Minneapolis. When Murray wandered off, Arett went both low-tech and high-tech to get him back. She papered her Minneapolis neighborhood with old-fashioned fliers. She also enlisted an Internet pet-finder company to blanket the area with automated phone calls about the missing dog, and in this case technology prevailed: Murray was home within hours.

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Hyundai luxury car to include free iPad



At the New York Auto Show this week, automaker Hyundai did the expected by announcing its 2011 models. But Hyundai surprised everyone by announcing it's 2011 Equus sedan will come with a free Apple iPad that will serve as the car's owners manual.

"The plan is to have a complimentary iPad with each vehicle," Miles Johnson, Product Public Relations Manager for Hyundai, told TechNewsDaily.

The announcement, which is unprecedented in the auto industry, was downplayed in the announcement partly, Johnson said, because the iPad has yet to be officially released and Hyundai's plan is still in the concept stage of development. (Read more about the iPad.)

Hyundai has yet to even decide if the Equus will in-

clude a Wi-Fi only or 3G model of the iPad, but Johnson says the company already sees several uses for it.

"There are several concept applications," Johnson said. "The owner's manual would live on the iPad, could be updated easily and display pictures and video as explanations. The online application would be an asset. Owners could use the connection to schedule maintenance, schedule pickup and delivery, things like that."

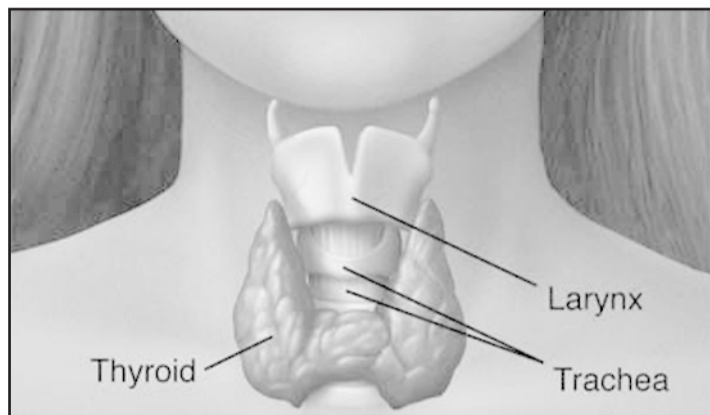
Even though Hyundai's plan is in the early stages, the company is already hard at work on it.

The Equus itself will be Hyundai's attempt to "break down the barriers of owning a luxury car" according to the announcement and is expected to sell somewhere in the \$50,000 range.



HEALTH

Overactive thyroid may raise early stroke risk

**44% Increase Seen in Younger Thyroid Patients**

Younger adults with overactive thyroids appear to have an increased risk for early stroke, new research finds.

Having the condition known as hyperthyroidism before the age of 45 was associated with a 44% increased risk of stroke in the study conducted by investigators with Taiwan's Taipei Medical University.

Strokes are uncommon, but on the rise, in adults in their 20s, 30s, and 40s.

One recent study showed a dramatic increase in strokes among adults at the same time that stroke rates among older adults were declining.

Between the mid-1990s and 2005, the stroke rate increased from 4.5% to 7.3% in adults between the ages of 20 and 45, according to the data

from Ohio and Kentucky.

As many as a third of strokes in younger adults have no obvious cause, Taipei Medical University's Heng-Ching Lin, PhD, tells WebMD.

Hyperthyroidism is a risk factor for the heart-rhythm disorder atrial fibrillation in older adults, and atrial fibrillation is, in turn, a risk factor for stroke.

While overactive thyroid is suspected of contributing to stroke risk in the elderly, its potential role in strokes occurring in younger adults had not been studied until now, Lin says.

"This study is important because hyperthyroidism has not been considered a potential risk factor for stroke and there are up to a third of young ischemic stroke patients without a determined

cause," Lin says.

Reducing the Risk of Stroke

Lin adds that more research is needed to confirm the association.

In the meantime, he says young adults with hyperthyroidism should be vigilant about monitoring their thyroid status and they should do all they can to reduce their modifiable risk factors for heart attack and stroke, such as maintaining a healthy weight, remaining active, and avoiding smoking.

While Lin and colleagues suggest that young stroke patients be routinely tested for hyperthyroidism, Wayne State University assistant professor of neurology Brian Silver, MD, says the recommendation may be premature.

Silver is a spokesman for the American Heart Association.

"At this point, we don't know if treating the thyroid would have any impact on stroke risk," he tells WebMD. "What we do know is that strokes are becoming more common among young adults and we believe this is mainly due to increases in obesity, hypertension, and diabetes. For young patients, the critical thing would be to address these established risk factors."

Dealing with those all-too-public tantrums

Don't let glares, stares tempt you to give into your child's meltdowns, expert says

Waaaaaah! Now what?

Parents often have a hard time figuring out what to do when their children decide to throw tantrums. It doesn't help matters that kids often have their meltdowns in public places -- the supermarket, the mall, the family restaurant.

Chuck Smith, a Kansas State University child development expert, has compiled tips to help parents deal with out-of-control youngsters. Here's his advice:

Set rules and enforce them. "Many parents are concerned with the glare of on-lookers, so they'll let their kids get away with things because of the threat," Smith said in a news release. "You can't let a child leverage your own sense of embarrassment in public to get what he or she wants. It's not that you ignore the public, but you have to decide where your real prior-



ity is -- and that is with teaching your child. You can't ever lose focus on that."

Make sure your rules are age-appropriate. A 5-year-old may have a hard time keeping quiet in church, so expecting her to do so may be unreasonable. But that same child should be able to keep her food in her mouth when you go out to eat.

Make sure you only discipline kids for breaking rules

that they know about. Gently remind them by asking whether they remember what they're supposed to do. "Then, when they look at you in a confused manner, you firmly remind them of the rule," Smith said. "You don't ever punish a child for something they didn't know they weren't supposed to do."

It's OK to ignore some types of behavior, such as pleading for a toy at the department store. "Any response to whining or crying, even punishment, shows that a child is in control and is pulling a parent's strings," Smith said. "The parent should rise above this noise and remain steadfast to the limit they set. You have to be smarter than the kid and realize that you are not going to be drawn into this. If you give in, you're going to have lots of temper tantrums before they realize it doesn't work."

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Words really do hurt

Sticks and stones may break your bones, but words can hurt you too, according to new research.

A new study suggests merely saying, "This may hurt a bit," before receiving a shot may be enough to trigger a pain response in the brain long before any actual pain is felt.

Researchers found hearing words that describe pain -- such as "excruciating" or "grueling" -- activated the areas of the brain that process the corresponding sensation.

"These findings show that words alone are capable of activating our pain matrix," says researcher Thomas Weiss, a professor at the Friedrich-Schiller-

University Jena, in Germany, in a news release. "Even verbal stimuli lead to reactions in certain areas of the brain."

In the study, published in Pain, researchers used functional magnetic resonance tomography (fMRI) to examine how 16 healthy people processed words associated with experiencing pain. The brain scans revealed which parts of the brain were activated in response to hearing the words.

In the first experiment, researchers asked the participants to imagine situations that corresponded with words associated with pain -- such as "excruciating," "paralyzing," and "grueling" -- as well as negative but non-pain associated words such as "dirty" and "disgusting" and neutral and positive words.

In the second experiment, the participants read the same words but were distracted by a brainteaser.

The results showed that in both cases there was a clear response in the brain's pain-processing centers with the words associated with pain, but there was no such activity pattern in response to the other words.

Researchers say preserving painful experiences as memories in the brain may have been an evolutionary response to allow humans to avoid painful situations that might be dangerous.

"However, our results suggest as well that verbal stimuli have a more important meaning than we have thought so far," says Weiss.

Researchers say the findings may be especially significant for people with chronic pain disorders who tend to speak a lot about their painful experiences with their health care providers. They say those conversations may intensify the activity of the pain matrix in the brain and intensify the pain experience.

Tip:Some Women Are More Prone for Breech Birth

When it's more common

Normally, babies are positioned in the uterus so that their heads will emerge first during birth. But in the case of breech babies, the feet or buttocks are poised to emerge first.

The American Congress of Obstetricians and Gynecologists says breech births are more common when:

- * The mother has had a prior pregnancy.
- * The mother is carrying multiple fetuses.
- * The mother has too much or too little amniotic fluid in the uterus.
- * The mother has an abnormality in the shape of the uterus, or unusual growths such as fibroids.
- * The mother's placenta is entirely or partially blocking the uterine opening, a condition called placenta previa.
- * The baby is preterm.

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Lola's Lounge entertains guests at Costa Linda



Lola's Lounge in the lobby of the Costa Linda Beach Resort entertains a good number of locals and guests every Monday as singers of all ages flock to the bar to sing Kareoke, while

watching Nelson mix the best cocktails in town.

Manager David Garcia is always on hand to cheer singers along, and award them with prizes for stellar, memorable performances.

Lola's Lounge is now a mini Garufa, and under the same management it enjoys the same attention to detail and the same caring and hospitable service, proud to be affiliated to both famous El Gaucho Restaurant and popular Garufa Cigar & Cocktail Lounge, on Wilhelminastraat. And guests agree that Lola's Lounge brought life back to the lobby of the resort with a nightly live entertainment program, until 11 o'clock.

Pictured here Monday Night at Lola's Lounge, with free fun for all.

Distinguished visitors honored at Pure Beach



Time-share owners at the Divi Aruba Phoenix Beach Resort were honored with certificates of distinction on behalf of the Aruba government this week. The ceremony was conducted by the representative of the Minister of Tourism, Ricardo Croes who thanked the visitors for making Aruba their

home away from home.

He also expressed sincere gratitude to guests for their loyalty to the island and its people, having brought many friends here, along with family members, introducing them to the wonders of Aruba.

Pictured here Avril Culley representing the resort man-

agement and Distinguished Visitors: Charles and Keran Lockhart, Lou DeNome and his daughter, Carol and William Blauvelt, Kathy and Joe Boss, John Borek and family, and Goodwill Ambassador Jose Lozado and his family, from Venezuela, who has been visiting for the past 20 years

Dubai jail sentence upheld for UK kissing couple

DUBAI, United Arab Emirates (AP) – A Dubai appeals court on Sunday upheld a one-month prison sentence for a British couple convicted of kissing in a restaurant.

The pair landed in court after an Emirati woman complained about the public kiss.

which the couple insisted was just a peck on the cheek. They were arrested in November and convicted of inappropriate behavior and illegal drinking.

The couple has 30 days to appeal Sunday's ruling in a higher court.

Cosmopolitan Dubai has

the most relaxed social codes in the conservative Gulf, but authorities enforce strict decency laws and regularly crack down on people accused of pushing the limits, which can include everything from wearing a mini skirt to losing one's temper in traffic.

Nice coverage of Aruba in Germany



Last year, the Aruba Tourism Authority (ATA) invited a group of German and English journalist to visit our island. After returning home they gave an extensive coverage of Aruba in their magazines.

The group first came to Aruba, and then traveled to Curacao and Bonaire. One of

the journalists, of Travel Talk, wrote a nice article about Aruba accompanied with colorful pictures.

In his story he wrote about how different and unique the three islands are, each with their own charm and special things. He also wrote on Aruba's nightlife, restaurants

and Oranjestad in general. The magazine has a circulation of 165,000, thus enabling a lot of persons to read and know about Aruba, something very positive for our island.

ATA would like to thank everyone for their cooperation in making this press trip successful.

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Aruban born Esther Ruth Harms honored twice in Massachusetts.



Surrounded by her family, Ruth Harms shows off the Ellen Sedlis Award she received from Northwestern Children's Advocacy Project.

Ruth Harms, case management supervisor for Big Brothers Big Sisters of Hampshire County, a program of the Center for Human Development, was honored April 1 by the Northwestern Children's Advocacy Project with its Ellen Sedlis Award which is presented to someone whose work demonstrates a long-term commitment to helping children recover from abuse. The Northwestern Children's Advocacy Project is a nonprofit arm of the Northwestern District Attorney's Office.

Ruth has been a case manager for Big Brothers Big Sisters

for 20 years. She supervises the program's other case managers and also carries her own case load. Big Brothers Big Sisters provides one-to-one mentoring relationships to children in need of positive adult influence and friendship. "Ruth is a truly extraordinary and dedicated professional who brings amazing integrity, compassion, and competence to her work with children and families," said Renee Moss, program director of Big Brothers Big Sisters of Hampshire County, who nominated Ruth for the award.

As part of her responsibility



Big Brother Big Sister emblem

ties in maintaining a caseload of about 40 matches, Ruth stays in close contact with the parents of the children, meets monthly with the mentors to provide supervision and support, and helps organize program activities and events that help build a sense of community for the children in the program. She is also quite involved in fundraising activities that are critical to the continuation of the program.

"We congratulate Harms on this well-deserved honor," said John Roberson, director of CHD's Children & Families division. "She exemplifies what Big Brothers Big Sisters is all about, and her service and devotion to the children of Hampshire County far exceed the requirements of her job."

The Ellen Sedlis Award was not the only recognition that was bestowed upon Ruth Harms. A week before, she was honored by the Massachusetts Senate with a Citation signed by Senator Stanley C. Rosenberg that reads: "In recognition of your outstanding dedication and many valuable contributions for 20 years to Big Brothers Big Sisters of Hampshire County"

After graduating in 1973 from the American Community School of Beirut, Lebanon, Ruth obtained her B.A. degree in Anthropology from Macalester College of St. Paul, MN in 1977 and her M.A. degree in Social Work from University of Missouri in Columbia, MO in 1979.

Ruth Harms is the daughter of Clyde Harms, president of the Aruba Scholarship Foundation, and the late Beatriz Lopez-Henriquez. Her husband Dr. Stephen Hickman is an associate pediatrician at Amherst Pediatrics. The couple celebrated their 30th wedding anniversary in December. They have two adult children, Sarah Elizabeth and Rachel. Ruth and Stephen were named Ambassadors of Goodwill by the Aruban Tourism Authority more than a decade ago and the children received the Distinguished Visitors Award

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Editor of Atlanta Tribune Urban, Spectrum and Airtran surprised with Aruba's beauty



Recently, Mrs. Regina Lynch-Hudson, column writer for various media in the U.S., among others Atlanta Tribune and Urban Spectrum (with a distribution of over 100,000 copies), was a guest of Aruba. Mrs. Lynch-Hudson also writes for Airtrain, and in the next edition there will be an article on Aruba. Mrs. Lynch's column focusses on relaxation and pampering, and targets executives addicted to work who most of the time are completely stressed out. The column is based on relaxing activities, spas and ample culinary choices, which are activities an executive who is visiting Aruba can do either alone or with a partner.

During her stay here, Mrs. Lynch-Hudson visited various tourist attractions of which San Nicolas and the Arikok National Park she picked as two of her favorites. She also visited various restaurants and had a relaxing excursion to de Palm Islands and sailed on its catamaran.

This was Mrs. Lynch-Hudson's first visit and was surprised by our friendly people and the cleanliness of Aruba. Before leaving the island, she

expressed that in her 15 years of traveling all over the world, this was her best trip where she had the opportunity to meet the 'real people' of Aruba, people who do not work in the tourism industry, and enjoyed the treatment she received.

Aruba Tourism Authority's (ATA) main object of inviting journalists is to get media coverage and propaganda, and so offer opportunities to other partners in tourism.

ATA wants to express its thanks to all who, in one way or the other, cooperated in making Mrs. Lynch-Hudson's stay on Aruba a pleasant one.



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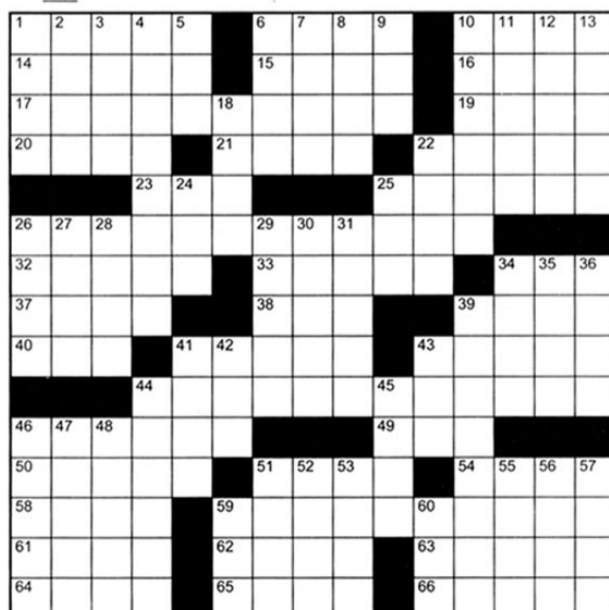
- ACROSS**
- 1 Holey cheese
 - 6 Envelope part
 - 10 Slices into
 - 14 "Live Free ____" (New Hampshire's motto, 2 words)
 - 15 Part of the ear
 - 16 Sweeping story, like Homer's *Iliad*
 - 17 Double-named city in Washington (2 words)
 - 19 You've Got Mail director ____ Ephron
 - 20 Admiral Graf ____ (German warship of the late 1930s)
 - 21 Part of a drive train
 - 22 Lou Grant portrayer Ed ____
 - 23 ____ off (start to snooze)
 - 25 Cheerleading groups
 - 26 Double-named resort hotel/casino in Las Vegas or Reno (2 words)
 - 32 Bridesmaid's counterpart
 - 33 Nebraska's largest city
 - 34 Went first
 - 37 Mid-'30s heavy-weight champ Max ____
- DOWN**
- 38 Large container
 - 39 Game played on horseback
 - 40 Alias indicator (abbr.)
 - 41 Hostile takeover
 - 43 Rodeo rope
 - 44 Double-named sitcom of the 1990s starring Tia and Tamara Mowry (2 words)
 - 46 Jar, as in a crowd
 - 49 House dog, say
 - 50 "He's ____ nowhere man..." (Beatles, 2 words)
 - 51 Wise men of the New Testament
 - 54 "Fancy" singer ____ McEntire
 - 58 North by Northwest star Grant
 - 59 Double-named German resort city (hyphenated)
 - 61 NFL Hall of Fame quarterback ____ Graham
 - 62 ____ Epps of *The Mod Squad*
 - 63 Have ____ of one's own (be defiant, maybe, 2 words)
 - 64 Lima ____
 - 65 Poker or Pong
 - 66 Swank
 - 9 Green shade
 - 10 Official count of people and demographic information
 - 11 "Once ____ time..." (2 words)
 - 12 Exhausted
 - 13 Surgery reminders
 - 18 Rolls of bills
 - 22 Bluish green
 - 24 Lord's Prayer starter
 - 25 Location for a PTA meeting (abbr.)
 - 26 Castro's country
 - 27 Out of Africa writer ____ Dinesen
 - 28 Carla's portrayer on *Cheers*, ____ Perlman
 - 29 Disobey the Tenth Commandment
 - 30 Appearance, as in a mirror
 - 31 Appraiser
 - 34 Didn't win
 - 35 "What ____ is new?"
 - 36 Room access
 - 39 Deli meat
 - 41 Place for a cooling pie
 - 42 British verb ending
 - 43 Stretch the truth
 - 44 Remain in a position (2 words)
 - 45 Make yarn
 - 46 Ebenezer Scrooge's ghostly ex-partner Marley in *A Christmas Carol*
 - 47 Make a speech
 - 48 "Perfect Sleeper" mattress company
 - 51 Crib cry
 - 52 ____ Sandler of *Little Nicky*
 - 53 Actor Richard ____
 - 55 Work on a manuscript
 - 56 Mercedes ____ automobile
 - 57 Commentator Rooney of *60 Minutes*
 - 59 Poorly drained area
 - 60 High-jumper's hurdle

Doubling Up

#72

71 Moving Right Along

PENN PADS TWOS
ERIE FOLIO RAGA
PACES SETTER ALLI
USERID ATTACKED
PER SOAR INTO
DIRT LEISURE
VETO ATTEST TAD
EARN IAN ALONG
ERE CARROT ANDY
PLACATE REAP
DONT TEEN BIB
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Sudoku



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6	9	1	8	4	5	2	7	3
8	2	5	9	3	1	7	6	4
4	3	1	6	2	8	9	5	7
5	7	8	3	9	4	1	6	2
2	4	9	7	6	3	8	5	1
1	6	2	4	8	5	3	7	9
9	8	7	2	1	5	6	3	4
7	5	3	8	9	6	2	1	4
3	1	6	7	4	2	9	8	5

Complete the grid so that every row and every column contains the numbers 1 through 9. A number is Never repeated in a row or column. In addition every rectangle must contain the numbers 1 through 9.

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Apple sells over 300,000 iPads on day of debut

NEW YORK (AP) -- Apple Inc. said yesterday that it sold more than 300,000 iPads on its opening day, meeting the expectations of some analysts while underscoring the challenges the company still faces marketing the much-anticipated device beyond early adopters.

The figures, which included pre-orders that were picked up or delivered Saturday, were hardly exceptional despite weeks of hype about the revolutionary nature of a new class of device that falls somewhere between the phone and computer.

In a research note earlier yesterday, Piper Jaffray analyst Gene Munster had doubled his initial forecast of first-day sales to 600,000 to 700,000,

saying that "lines were longer than expected and supply was also better than expected." But the actual numbers announced by Apple were closer to his original estimates.

Still, first-day U.S. sales of the iPad exceeded those of the original iPhone in 2007, he said. He expects Apple to sell 1.3 million iPads in the current quarter compared with the 1.1 million for the iPhone in its first full quarter.

Sales of the iPhone have since picked up, and Apple sold 8.7 million worldwide in its latest quarter. The latest model, the 3GS, sold a million in just three days when it went on sale last summer, initially in the U.S. and seven other countries. Saturday's iPad launch was in the U.S. only.

GM to use brake safety measure worldwide

DETROIT, Michigan (AP) -- General Motors says it will install a new brake safety measure that can prevent unintended acceleration on all its new vehicles worldwide by 2012.

The announcement yesterday comes as federal regulators consider making the technology mandatory on new cars and trucks after Toyota's big problems with vehicles that can speed out of control.

Congress is also exploring the issue after a series of hearings last month on Toyota's recall of millions of vehicles over gas pedals that get stuck or trapped on floor mats.

GM has not had major problems with unintended acceleration, but the company said it was taking the step as a means of reassuring customers about the safety of its vehicles.

A brake override reduces power to the engine when the driver steps on both the brake and accelerator. It should also slow a vehicle if the gas pedal is stuck.

GM plans to install the software for the system in the electronic throttle control systems of newly manufactured vehicles. The automaker already used it in several models in the United States, mostly high horsepower vehicles like the Chevy Corvette.

Gasoline, oil break out to 18-month highs

Gasoline and oil prices climbed to 18-month highs yesterday as a batch of new economic reports provided more signs that the economy is back on steady footing and demand for crude will follow.

The worry now among some analysts is whether gasoline pump prices are starting to approach a level that could choke off the recovery.

How to focus your marketing like a laser beam and flood your business with customers and cash!

by Ken Varga



Hi, I am Ken Varga. I want to share with you some of the ideas, strategies, and principles that allowed me to build 35 businesses during my career.

By earnestly applying the ideas, you will learn how you too can build your business to success, while living an unhurried life, filled with family, friends, fun and a relaxed attitude.

In the next couple tips of the week I'm going to write about another way to have customers beating a path to your place of business...advertising.

You probably do some advertising now. But the advertising that I'll be writing about is a highly specialized form of advertising.

Most business owners waste the bulk of their advertising effort and expense by advertising incorrectly.

I'll be writing about how to use advertising in an extremely effective, targeted, and rifled approach that can't help but grow your customer base many times over.

Let's discuss where adver-

tising makes strategic sense and where it doesn't.

Once again, I believe most companies and professionals advertise inefficiently and ineffectively.

By inefficiently, I mean that most companies I look at, and most professionals, are paying to run ads in publications and newspapers that aren't being read by large numbers of the type of people they are trying to reach.

Even though I'm referring to print advertising, the same rules will apply to any advertising medium that you use.

If you do radio advertising, you could easily be using the wrong station, or the wrong time of the day in which your ad is broadcasted.

If you do TV or Cable advertising, you could be running on the wrong station or the wrong time, or the wrong show.

The first rule for effective advertising is:

You only advertise when the message you want to send, will be heard by the highest concentration of the people you want to be talking to.

In regards to effectiveness, you should only run your advertising to reach the highest concentration of real prospects that you want to have as customers.

You want to make the advertising you decide to run produce solid continual results. This is very important.

Whenever you run an advertisement, that advertisement must provide the reader, the viewer, and the listener with a self-serving advantage.

Strawberry prices drop as late harvest hits market

ST. PETERSBURG, Florida (AP) -- It's a good spring for strawberry lovers: Prices are unusually low in many places because cold weather delayed Florida's harvest to coincide with California's, and the two states are flooding the market with cheap berries.

A record number of straw-

berries for this time of the year were picked in the U.S. last week — 80 million pounds, said Gloria Chillon, director of marketing for Driscoll's, a major berry producer and distributor based in Watsonville, California.

At Publix supermarkets on Florida's Gulf Coast, shoppers

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Remember that it's not about you, but about them.

The customer has to be certain they are going to receive a payoff, a benefit, or an advantage from reading, listening, or viewing, or a payoff from sending in, coming in, or calling in.

It's important that you understand there are three elements to making your advertising productive and effective.

Element number one is that it's got to be about them, their concerns, their well-being, and their advantage...not yours.

Number two, you've got to offer them enough information and education.

Finally, you have got to give them some reason why they should contact you, call you, come into your place of business, or try out some product you are offering.

Unless your advertisement combines these three elements your advertising will fail. Or, at best, it will be so much less effective than it ought to be.

Well that's it for this tip. In the next tip I'll give you some examples of highly effective advertising and how you can measure the results.

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can buy a pound of locally grown strawberries for \$1.25. Prices elsewhere were a bit higher: Sam's Club in Fort Worth, Texas, had a pound for \$1.49, while Meijer in Ann Arbor, Michian, offered a pound for \$1.66. Shoppers can thank the freezing weather and rain at the beginning of the year.

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Have you had your breakfast today? The Old Fisherman offers breakfast with an Aruban twist



Linda and Ramon Pimienta with their son Raymond, at right

When Linda and Ramon Pimienta started their small business at the old wharf down town, little did they know that they had a goldmine when it comes to the perfect blend of international and local cuisine. Nowadays, they are located right behind the Royal Plaza Mall where they serve up a storm to visitors and locals alike. What is their secret? Offering high quality dishes at super prizes that fit anyone's budget.

For ten years The Old Fisherman has been serving local cuisine with an international twist for lunch and dinner and they have managed to stay on top by using high quality fresh ingredients. From their fish cakes with "funchi" (polenta) and "pan bati" nicely presented to soup of the day accompanied by delicious deserts.

Now they are serving you breakfast with an Aruban twist at bargain prizes.

Monica and Amarilis who have been with the company for ten years are ready to serve you with a smile.

Besides serving traditional breakfast dishes such as eggs sunny side up with ham and cheese, scrambled or plain they also serve pastechi horna (a small pie pocket with different fillings), crêpes, sweet crêpes and bagels with cream cheese, smoked salmon or boiled eggs.

If you want to really experience the Aruban twist you might want to try something from the local breakfast menu served on pan grandi (rama) or a baguette. You can try the delicious kerrie-kerrie (a typical Aruban flaked fish), conch, fish egg, shrimp, fish fillet, fish cake and the chicken soup or you can have fruit salad and yoghurt.

A perfect restaurant for all in the family.

Whatever your taste might



R-I, Monica and Amarilis with their fellow colleagues



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Madonna visits Malawi for a charity tour



LILONGWE, Malawi (AP) — Madonna yesterday arrived in Malawi ahead of her weeklong charity tour.

According to an official program released by the pop star's charity, Raising Malawi, Madonna yesterday visited the Millennium Village, a United Nations initiative in the central border district west of Lilongwe.

Madonna was joined by economist Jeffrey Sachs, a development affairs expert and mentor of the initiative. Today, she will lay the first brick of her Raising Malawi Academy for Girls, signaling the official commencement of construction of the \$15 million academy, set to open in 2011.

The academy is on the out-

skirts of the country's capital, Lilongwe and will admit 500 girls from the small southern African country's 28 districts.

The Raising Malawi Academy for Girls promises to be a family and support center, allowing female students to attend regular classes as well as giving them access to medical care and regular meals.

Madonna has pumped millions into this impoverished southern African country and become very active in charitable efforts.

She is accompanied on the trip by her biological children, Lourdes, 13 and Rocco, nine, as well as her adopted children, David Banda and Mercy, both four, who are both from the African nation.

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UN's Ban calls Aral Sea 'shocking disaster'



A view of the ships cemetery in Muynak.



Camels pass the ship cemetery next to Muynak

NUKUS, Uzbekistan (AP)—The drying up of the Aral Sea is one of the planet's most shocking environmental disasters, U.N. Secretary-General Ban Ki-moon said Sunday as he urged Central Asian leaders to step up efforts to solve the problem.

Once the world's fourth-largest lake, the sea has shrunk by 90 percent since the rivers that feed it were largely diverted in a Soviet project to boost cotton production in the arid region.

The shrunken sea has ruined the once-robust fishing economy and left fishing trawlers stranded in sandy wastelands, leaning over as if

they dropped from the air. The sea's evaporation has left layers of highly salted sand, which winds can carry as far away as Scandinavia and Japan, and which plague local people with health troubles.

Ban toured the sea by helicopter as part of a visit to the five countries of former Soviet Central Asia. His trip included a touchdown in Muynak, Uzbekistan, a town once on the shore where a pier stretches eerily over gray desert and camels stand near the hulks of stranded ships.

"It is clearly one of the worst disasters, environmental disasters of the world. I was so shocked," he said

Australia rushes to contain Barrier Reef oil spill



Oil leaks from the Chinese coal carrier the Shen Neng 1 after the vessel ran aground.

ROCKHAMPTON, Australia (AP) — Workers rushed to contain an oil spill yesterday from a coal-carrying ship grounded on Australia's Great Barrier Reef, sending two tugboats to stabilize the vessel so that it would not break apart and further damage the fragile coral beneath.

The Chinese-registered Shen Neng 1 rammed into Douglas Shoals late Saturday, an area that has shipping restrictions in order to protect what is the world's largest coral reef and one that is listed as a World Heritage site because of its gleaming waters and environmental value as home to thousands of marine species.

About 2 tons (metric tons) of oil have already spilled from the 1,000 tons (950 metric tons) of fuel on board, creating a 100-yard slick that stretches 2 miles (3 kilometers), Marine Safety Queensland said in a statement.

Queensland State Premier Anna Bligh said a boom will be put around the ship by today to contain oil leaking from the hull. Aircraft sprayed chemical dispersants in an effort to break up the slick Sunday.

"Our No. 1 priority is keeping this oil off the Barrier Reef and keeping it contained," she told reporters in Brisbane.

Bligh said a salvage team had reached the ship yesterday and were attempting to stabilize it.

"It's in such a delicate part of the reef and the ship is in such a badly damaged state, managing this process will require all the specialist expertise we can bring to bear," she told Australian Broadcasting Corp. radio. She said it could take weeks to dislodge the ship.

The ship's owner, Shenzhen Energy, a subsidiary of the Cosco Group that is China's largest shipping operator, could be fined up to 1 million Australian dollars (\$920,000) for straying from a shipping lane

used by 6,000 cargo vessels each year, Bligh said.

"This is a very delicate part of one of the most precious marine environments on earth and there are safe authorized shipping channels — and that's where this ship should have been," Bligh said.

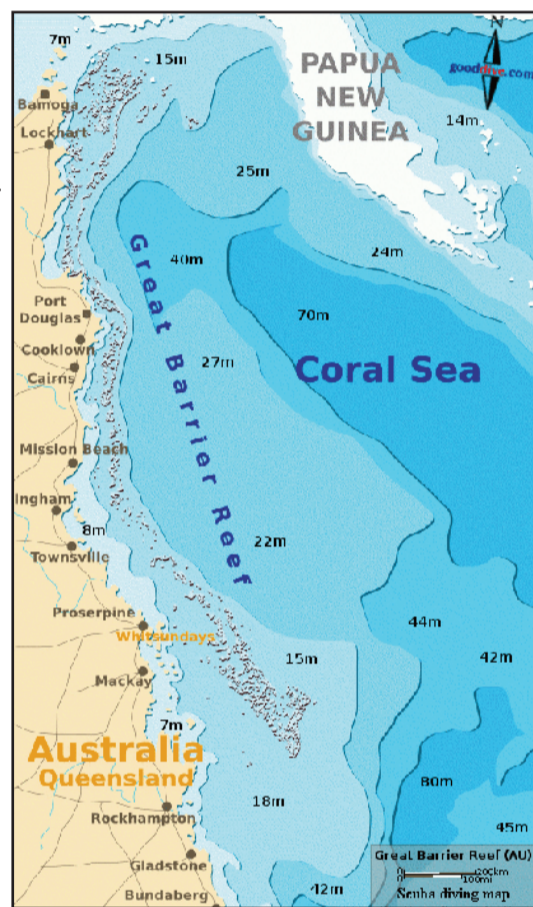
Authorities fear the ship will break apart during the salvage operation and wreck more coral, or spill more of its heavy fuel oil into the sun-soaked sea. However, Bligh

said the risk of the ship breaking apart appeared to have lessened since the first of two tug boats arrived and reduced its

"One of the most worrying aspects is that the ship is still moving on the reef to the action of the seas, which is doing further damage" to the coral and hull, according to the agency's general manager, Patrick Quirk. Initial damage reports showed flooding in the main engine room and damage to the main engine and the rudder. A police boat was standing by to evacuate the 23 crew members if the ship breaks apart.

The bulk carrier was taking about 72,000 tons (65,000 metric tons) of coal to China from the Queensland port of Gladstone when it slammed into the shoals off Queensland's coast in the Great Barrier Reef Marine Park.

Numerous conservation groups have expressed outrage that bulk carriers can travel through the reef without a spe-



cialized marine pilot. Shipping lanes in Australian waters typically require a seasoned captain to go aboard an incoming ship to help navigate around hazards. Until now, the government has said there is no need for a marine pilots around the protected area because large ships are banned there.

Maritime law specialist Michael White of the University of Queensland said oil is the major environmental threat posed by the grounding. While coal could do "considerable localized damage," it would be quick to dissipate.

Marine geologist Greg Webb from the Queensland University of Technology said the effects of an oil and coal spill could have unknown consequences.

"In the past we always just thought a reef could put up with anything," he told ABC radio. "And I guess over the last decade or so, we're beginning to understand that maybe they can't."

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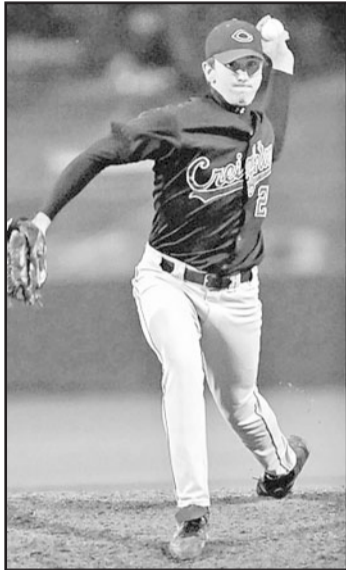
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Why Pat Venditte has a Major League advantage



There are ballplayers who can hit from both sides of the plate, but have you ever seen a pitcher throw from either side of the mound? Meet Pat Venditte, the only ambidextrous pitcher in professional baseball.



Venditte made his debut last Tuesday for the New York Yankees in their 9-6 spring-training loss to the Atlanta Braves. The "switch-pitcher" threw for 1-1/3 innings, surrendering one run on two hits.

The ambidextrous hurler,

currently in the Yankees' minor league system, is unlikely to make the team's roster this season, but should he one day get the call, Venditte could have some interesting and unique advantages to work with.

A leg up

For one, Venditte is already a leg up by being able to pitch left-handed. Since there are fewer left-handed pitchers in baseball, southpaws often have the advantage over batters, who are far more accustomed to hitting off of right-handed pitchers. As a result, lefty pitchers are often in an even stronger position when they face left-handed batters.

In general, it is usually in the pitcher's favor to throw to the same side that batters are hitting. In other words, ideal matchups are between right-handed pitchers and right-handed batters, and left-handed pitchers and left-handed batters.

In Venditte's case, he has the rare luxury of being able to choose which arm to use depending on the batter.

Many left-handed pitchers also specialize in off-speed pitches to keep the batters off balance, and Venditte is no exception.

The 24-year-old is a natural right-hander, and can throw fastballs, curveballs and changes harder from that side. But, Venditte's tricky side-arm delivery on the left makes his slider and change-up pitches strong weapons in his arsenal.

Venditte uses a custom-made six-fingered baseball mitt so that he can switch hands while on the mound, depending on the batter.

Venditte is required to declare in advance how he will pitch (by raising either his right or left arm), when facing a switch-hitter.

The rule was established by the Professional Baseball Umpire Corp. after Venditte's minor league debut in 2008.

Major League Baseball has not seen an ambidextrous pitcher in over a century, and if Venditte makes it to the majors, he will join an extremely exclusive group in the annals of baseball's storied history.

The only Major League pitcher in the past 100 years to throw both right-handed and left-handed in a regular season game was Greg Harris.

NHL Standings

EASTERN CONF.

America	W	L	Pts
x-New Jersey	45	26	97
x-Pittsburgh	45	26	97
Philadelphia	39	34	84
NY Rangers	36	32	82
NY Islanders	33	35	76
Northeast			
x-Buffalo	43	25	96
x-Ottawa	43	31	91
Montreal	39	32	86
Boston	36	30	84
Toronto	29	36	72
Southeast			
z-Washington	51	15	114
Atlanta	34	32	81
Carolina	33	36	76
Florida	31	35	74
Tampa bay	31	35	74

WESTERN CONF.

America	W	L	Pts
x-Chicago	49	22	105
x-Nashville	46	28	98
x-Detroit	41	24	96
St. Louis	38	31	85
Columbus	32	34	77
Northwest			
y-Vancouver	48	27	100
Colorado	42	29	91
Calgary	40	30	89
Minnesota	37	35	81
Edmonton	24	46	56
Pacific			
x-San Jose	48	20	107
x-Phoenix	48	25	102
x-Los Angeles	44	27	95
Anaheim	38	31	85
Dallas	35	30	84

x-Clinched Playoff Spot; y-Division Champ; z-Conf. Champ

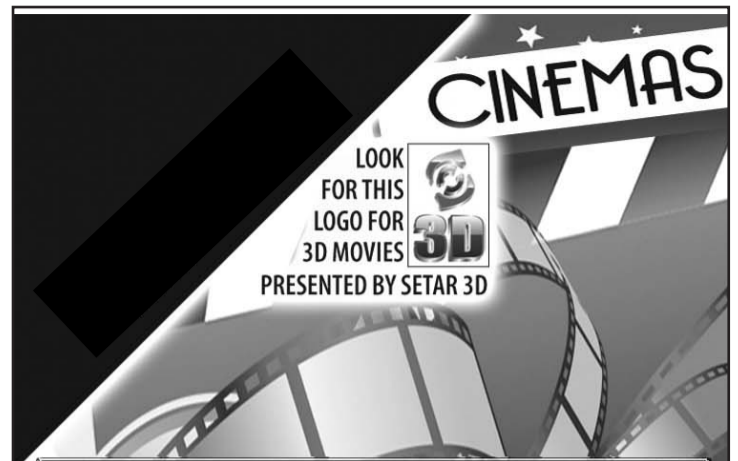
NBA Standings

EASTERN CONF.

America	W	L	Pct	GB
y-Boston	48	28	.632	--
Toronto	38	38	.500	10.0
N.York	27	49	.355	21.0
Phil	26	50	.342	22.0
N.Jersey	11	66	.143	37.5
Central				
y-Cleveland	60	17	.779	--
Milwaukee	42	34	.553	17.5
Chicago	37	39	.487	22.5
Indiana	29	48	.377	31.0
Detroit	23	53	.303	36.5
Southeast				
x-Orlando	54	23	.701	--
x-Atlanta	49	27	.645	4.5
Miami	43	34	.558	11.0
Charlotte	40	36	.526	13.5
Wash.	23	53	.303	30.5

WESTERN CONF.

America	W	L	Pct	GB
x-Dallas	50	27	.649	--
x-San Ant.	47	29	.618	2.5
Memphis	39	37	.513	10.5
Houston	38	38	.500	11.5
N.Orleans	35	43	.449	15.5
Northwest				
x-Denver	50	27	.649	--
x-Utah	50	27	.649	--
Okl. City	48	28	.632	1.5
Portland	47	30	.610	3.0
Minn.	15	62	.195	35.0
Pacific				
x-LA Lakers	55	22	.714	--
x-Phoenix	50	27	.649	5.0
LA Clippers	27	50	.351	28.0
Sacra.	24	53	.312	31.0
Golden St.	23	53	.303	31.5



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PG-13 REMEMBER ME			
daily:	4:45	7:15	9:45
matinee:	2:00	late show:	12:15

PG-13 THE BOUNTY HUNTER			
daily:	5:45	8:15	
matinee:	12:30	3:15	late show: 11:00

R EDGE OF DARKNESS			
daily:	4:30	7:00	9:30
matinee:	1:45	late show:	12:00

PG BROOKLYN'S FINEST			
daily:	6:00	8:45	
matinee:	12:00	3:00	late show: 11:30

PG VALENTINE'S DAY			
daily:	6:30	9:00	
matinee:	12:45	3:45	late show: 11:45

PG ALICE IN WONDERLAND			
daily:	6:00	8:30	
matinee:	1:00	3:30	late show: 11:00

AT PASEO HERENCIA

PG HOW TO TRAIN YOUR DRAGON			
daily:	4:00	6:15	8:30
matinee:	1:25	late show:	11:00

PG DIARY OF A WIMPY KID			
daily:	4:30	6:45	
matinee:	12:00	2:15	late show:

R CASE 39			
daily:	5:45	8:15	
matinee:	12:15	3:00	late show: 11:00

PG-13 OUR FAMILY WEDDING			
daily:	5:30	7:45	9:45
matinee:	12:45	3:00	late show: 12:00

R FROM PARIS WITH LOVE			
daily:	9:00		
matinee:		late show:	11:30

R GREEN ZONE			
daily:	6:30	9:00	
matinee:	1:00	3:45	late show: 11:30

R SHUTTER ISLAND			
daily:	5:45	8:45	
matinee:	2:45	late show:	11:45

HOW TO TRAIN YOUR DRAGON (Action/Adv.): A Viking teenager named Hiccup lives on the island of Berk, where fighting dragons is a way of life. The teen's smarts and offbeat sense of humor don't sit too well with his tribe or its chief... who just happens to be Hiccup's father. However, when Hiccup is included in Dragon Training with the other Viking teens, he sees his chance to prove he has what it takes to be a fighter.

On the road to 2010 FIFA World Cup South Africa

Abidal driven by pressure, passion

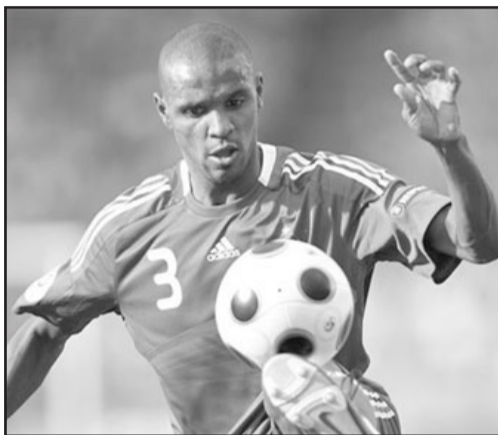
It is difficult to look at Eric Abidal's France career without conjuring up thoughts of Lilian Thuram, the retired Les Bleus legend whose path he has almost seemed to mimic. Both were first called up as full-backs only to become rocks at the heart of the defence and both started out at Monaco before defending the famous colours of European giants Barcelona.

There are, of course, one or two crucial differences. Thuram called time on his playing days in 2008 after tasting FIFA World Cup™ glory in 1998 and adding a UEFA EURO title two years later, while Abidal has yet to clinch a major trophy on the international stage. Aged 30, the Barça left-back nonetheless has time to catch up with his illustrious predecessor, and he does not intend to wait much longer.

With South Africa 2010 now just months away, the Lyon native is also hoping to erase the painful memories of losing to Italy in the final four years ago. "I can't forget that defeat," he explained to FIFA.com, having also inherited Thuram's openness with the press. "We came so close. It's still a bit early to know whether we can repeat that performance, but in a tournament at this level, what's certain is that we'll need to be perfect in all we do."

Work to be done

Perfection certainly seemed a long way off during the qualifiers, when Raymond Domenech's side finished behind Serbia in a manageable group and needed an extra-time goal to see off the Republic of Ireland in the play-offs. Few would pinpoint that record as belonging to potential future world champions come July. "There have been a lot of changes since 2006," commented Abidal, seeking to explain France's qualification troubles. "[Zinedine] Zidane, Thuram and [Claude] Makelele are no longer around, and nor is [Patrick] Vieira. We have lots of young players. We need to do a lot of work, first to understand each



"Added to that, they fight extremely hard. We won't just have to play well, we'll also have to put in plenty of effort to match them in that aspect of the game." Next up after that encounter will be Mexico, who are likely to feature one of Abidal's Barça colleagues in their ranks. "Myself and Rafa Marquez are already talking about it every day," he said. "They're a

team who play very well, never give up and know how to lift themselves for the big games. As soon as the draw was made, I know it would be difficult."

Summer dreams

France's third Group A outing against South Africa is unlikely to provide much reprieve either, as an entire nation will be willing the hosts on to victory against their European rivals. "It's historic for South Africa and to be directly involved in it will be an honour for the France team," added Abidal, who is wary of the pressure that will come in that game. "It will be tough because the fans will be backing their team to the hilt."

The former Lille player knows exactly how important support of that kind can be on the road to success. "Ever since I was a youngster, I've always wanted to be a footballer, but I nearly gave it all up when I had a serious injury," he explained, looking back on his early years. "But then one day my mother said to me: 'Football is your dream and you can make it. I'd really like to see you play a bit more.' Look where I am today! Right now, if you asked every child what they dream of doing when they grow up, millions would tell you they want to become footballers. I'm lucky enough to have done that and to have made a career out of my passion."

Ask French football fans their wishes for this summer and you would no doubt generate even more of a consensus. Millions are already hoping Les Bleus can return to the global summit – and that is one more dream Abidal would be delighted to help come true.

other on the pitch and also to understand each other off it, which is never easy. After that, we need to work to play well and get the right results."

The defender ought to have a firm grasp on what it takes to obtain results after collecting three consecutive French titles with Lyon and having since become a stalwart of the Barcelona side that racked up a historic six trophies in 2009. Fulfilling left-back duties for world football's leading club team clearly brings no international assurances, though, and despite playing there during the 2006 FIFA World Cup Final, Abidal later lost his place to Patrice Evra. What could have been a morale-sapping blow proved to be an opportunity, however, and Abidal promptly bounced back in a central defensive role, his preferred position at the back. Indeed, he has emerged as the ideal partner to William Gallas in France's rearguard, relegating the likes of Sebastien Squillaci, Julien Escude, Jean-Alain Boumsong and Philippe Mexes to the bench.

There have been a lot of changes since 2006. Zinedine Zidane, Thuram and [Claude] Makelele are no longer around, and nor is [Patrick] Vieira. We have lots of young players. We need to do a lot of work.

Eric Abidal on his French side

Based on recent team selections, Gallas and Abidal ought to be trusted in the middle again when Les Bleus kick off their FIFA World Cup campaign with a testing first outing against Uruguay. "They have very technical players like Argentina and Brazil," said Abidal of the South American team.

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Deco says scoring against Brazil would not be betrayal

LISBON - Portugal playmaker Deco does not believe scoring a goal against his native Brazil at the World Cup finals in South Africa will be seen by his compatriots as a betrayal.

The two countries will meet in Durban on June 25 in the last Group G match of the tournament which runs from June 11 to July 11.

"It will be a special game because I am Brazilian, a totally different game from all the others. I chose to play for Portugal and I will defend that shirt until the end. When I made the decision I knew these matches could happen," the midfielder told the A Bola sports daily.

"If I score, no Brazilian can see that as a betrayal against the country in which I was born."

Deco arrived in Portugal in 1997 and obtained Portuguese citizenship in 2002. Uncapped for Brazil, he was eligible to play for Portugal and in March of the following year Luiz Felipe Scolari selected him to play in a friendly against Brazil.

Deco scored an 82nd minute winner and has gone on to earn 71 caps and score five goals for his adopted country.

"Given my career, the most normal thing would have been to play for Brazil. There are players who didn't achieve half of what I have, but who wore that (Brazil) shirt," he said.

"Playing in the Brazil team would have been the easiest and most natural thing for someone who won everything with Porto, was in Barcelona's starting XI for four years and plays at one of the main clubs in the world (Chelsea)."

The World Cup finals will be the last time Deco plays for Portugal as he wants to spend more time with his family and possibly return to Brazil after his contract with Chelsea ends at the end of next season.

Did you know?

The red and yellow card system was introduced at the 1970 FIFA World Cup Mexico™ but the first red card was not shown until Germany 1974 when Chile's Carlos Caszely was sent off in the 67th minute of a group stage match against hosts and eventual winners West Germany.

The 1970 tournament saw 33 players booked but there were no dismissals. However in 1974, five players were given their marching orders. Along with Carlos Caszely, the red card was shown to Australia's Ray Richards, Uruguay's Julio Montero Castillo, Zaire's Ndambi Mulamba and Brazil's Luis Pereira.

Caszely was booked in the first-half and went on to receive the red card from Turkish referee Dogan Babacan in the 67th-minute for a foul on German defender Berti Vogts. Chile lost the match 1-0.

Caszely also featured at the 1982 FIFA World Cup and is regarded as one of Chile's greatest players, scoring 29 goals in 49 appearances.

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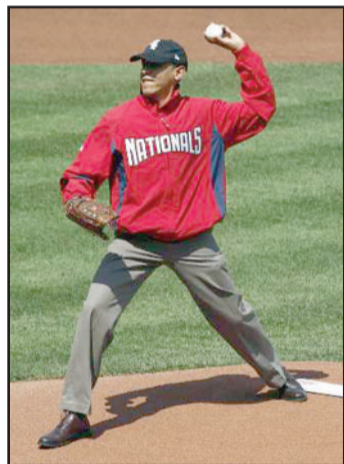
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Obama doesn't bounce 1 in historic first pitch



WASHINGTON (AP) — President Barack Obama marked a 100-year tradition when he tossed the ceremonial first pitch at the Washington Nationals home opener against the Philadelphia Phillies on Monday.

He received a loud ovation from the packed crowd, with a few boos scattered in. He sported khakis, a Nationals jacket and a cap from his favorite Major League Baseball team, the Chicago White Sox.

One hundred years ago this month, President William Howard Taft led off the Washington baseball tradition with a toss from the stands to pitcher Walter Johnson. From Taft to Richard Nixon, every president made at least one opening day pitch in the nation's capital, until the expansion Senators left town after the 1971 season.

Obama prepared for Mon-

day's opener by throwing practice pitches to aides at the White House.

Before making the pitch, Obama stopped to greet wounded veterans, then donned his cap as he walked to the mound. The left-hander president had a hitch in his delivery. Obama, an avid basketball player who has said baseball does not come naturally to him, was clearly going to err on throwing it too far rather than too short.

He might have been trying to make up for his opening toss at last year's MLB All-Star game in St. Louis, when St. Louis first baseman Albert Pujols saved him the embarrassment of a short hop by moving up to scoop the low pitch inches (centimeters) off the ground.

Eagles trade McNabb to Redskins

PHILADELPHIA (AP)—Of all the possible landing spots for Donovan McNabb, the Washington Redskins seemed like a longshot.

The Philadelphia Eagles couldn't possibly trade McNabb to a division rival, right? Wrong.

In a surprise move late Sunday, the Eagles sent their star quarterback to the Redskins for a second-round pick (37th overall) in this month's NFL draft and either a third-

Tiger apologizes to golfers, praises Augusta fans



AUGUSTA, Ga. — Tiger Woods is back and the patrons here at Augusta National appear supportive, at least vocally. There were no boos or heckles early on his Monday practice round, not a surprise considering the make-up of the gallery (well-

heeled, hard-core golf fans) and the tight security employed by this fabled club.

"I'm afraid to boo him," said Jim Clark, a 59-year-old from Shelbyville, Tenn., who had already been lectured by security for monumental transgressions such as sitting in a standing area and leaning against a rope. "You could really get hit for that. I think if you say anything, they'll throw you out."

Maybe, maybe not. No one was willing to risk a valuable Masters ticket to find out. Tiger was surrounded by a security entourage that included Richmond County Sheriff's deputies. The galleries had numerous plain clothes security people watching on.aying the reception of the Augusta National fans "blew me

away," Tiger Woods began his comeback from a devastating personal scandal Monday by refusing to say why he entered rehab but stressing that he wasn't addicted to prescription drugs.

Tiger said that his wife, Elin, would not be with him at the Masters.

Woods said he made "some incredibly bad decisions" and "hurt so many people." He again said that he takes all the blame for allowing his life to fall apart.

He said he expects to win the Masters.

Woods played a practice round with Fred Couples, and Jim Furyk joined them at the 13th hole. The crowd gave a tepid but respectful response, and Woods even stopped to sign autographs on the way to the practice range.

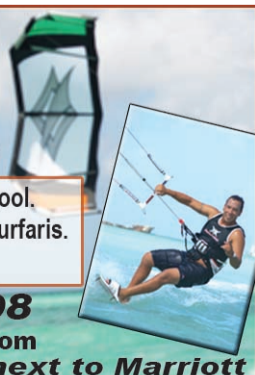
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